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ABSTRACT

This study analyzes the Soviet award system, in particular the Prepared for Word and Defense (PWD) program. The PWD program is composed of five stages and embraces people from ages 10 to 60. Each stage has a section of requirements and a section of norms, which take into consideration age variations. The norms section, which is the most important part of the total complex, deals with items that test physical fitness and motor skillabilities. Upon completion of both the requirements and norms at each level, silver or gold badges are awarded as well as a badge with honors at stage four. The requirements section deals with basic principles of physical culture, personal and social hygiene habits, morning exercises, and fundamentals of civil defense. The five stages of the PWD program are: (1) brave and agile (boys and girls 10-13 years); (2) the rising sports generation (boys and girls 14-15 years); (3) strength and courage (boys and girls 16-18 years); (4) physical perfection (men 19-39 years, women 19-34 years); and (5) vigor and health (men 40-60 years, women 35-55 years). The PWD system is an essential part of the Soviet organizational plan, which is concerned with mass participation and the development of the elite, super-athlete. (The requirements, exercises, and norms for each stage are presented in tables.) (RC)

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THE SOVIET PHYSICAL FITNESS TESTS: AN ESSENTIAL ASPECT OF THE SOVIET ORGANIZATIONAL PLAN

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The primary purpose of the study was to analyze the Soviet award system, in particular the new "PWD" program. The "PWD" program was instituted in 1972 because the original "GTO" awards had become outdated. The history of the Soviet award system and the organizational aspects were researched. The author translated from original sources. Both historical and comparative research methodologies were utilized. The stated aims of the "PWD" are to aid: a) the morale and spiritual development of the Soviet people; b) their all-round harmonious development; c) the maintenance of good health and normal activity for many years, and d) to prepare people for productive labor and defense of the homeland. The overall purpose of the program is to bring physical culture into the everyday life of the Soviet people at all age levels as well as to develop mass sport and top athletes. The administration and organization are left up to the Physical Culture Committees in the districts, cities, provinces, regions and republics.

The "PWD" program is composed of five stages and embraces people from ten to sixty. Each stage has a section of requirements and a section of norms and these take into consideration age variations. Stage I, "Brave and Agile," is for boys and girls 10-11 and 12-13; Stage II, "The Rising Sports Generation," for boys and girls 14-15; Stage III, "Strength and Courage," for boys and girls 16-18; Stage IV, "Physical Perfection," for men aged 19-39 (19-28, 29-39) and women 19-34 (19-28, 29-34); and Stage V, "Vigor and Health," for men aged 40-60 (40-49, 50-60) and women 35-55 (35-44, 45-55). The various stages, and the aim of each stage, all translated, will be presented utilizing slides. A brief history of the award system will likewise be developed. With respect to the scientific or educational importance of the study, the paper will present the first translations of the new Soviet award scheme.

Researchers are limited working in the Soviet bloc without control of language, and the paper, it is hoped, will be of value to individuals in physiology of exercise, in history of sport and comparative physical education.

Before the Soviet physical fitness award system is discussed, the role and the organization of sport or, to be more precise, physical culture in the Soviet Union will be reinforced so as to give perspective to the study. All aspects of life and all of Soviet society are, of course, subordinate to, and serve, the Communist Party of the Soviet Union. Thus, physical culture which includes sport, physical education, leisure activities and recreation follows and promulgates the aims and programs of the Party. Physical culture is seen as being essential for the total education of Soviet youth, who as adults are intellectually trained in Communist ideals and should be physically strong in order to work and defend their country. Indeed, physical culture helps in the moral, intellectual and aesthetic development of the individual as well as physical development. Thus, the development of the "new Soviet man" is enhanced through physical culture programs. Moreover, the physical culture kollektivs and sports clubs are seen by the Party as a means of controlling juvenile delinquency which, particularly in recent years, has been on the upsurge. Thus, sport and physical culture are used to achieve non-sport objectives.

One of the fundamental concerns of the government has been that of "nation-building" particularly with respect to Russia, and thus military concerns are of utmost importance. A prerequisite for nation-building is a physically fit, strong and healthy populace. Thus there is a very important, and emphatic, connection between the military and physical culture and sports activities. It is interesting to note that in 1969 a special council was created "for further improvement of physical training of pre-conscription and conscription youth." (14:422) Moreover, in the schools,

during school hours and afterwards, military training is offered, as it is at higher education institutions where the physical education departments offer such courses. Indeed, throughout their school life, children are taught and tested on knowledges in civil defense and abilities in warfare. This is primarily achieved through the national physical fitness awards system, now called the Prepared for Word and Defense (PWD). An essential factor is the availability and participation of all citizens. The philosophical and theoretical basis for the program have been provided by the writings of Karl Marx, in which he maintained that sport and physical education are the right of each citizen. The important factor is that these programs are not restricted to the elite, as they were during the Tsarist regime, or as it is [supposedly] in the capitalist world (15:9). Underlying the total program are two principles, namely those of "massovost" which refers to mass participation and "masterstvo" which is proficiency and achievement. As early as 1925 the importance of the principle of mass participation was recognized for

> . . . educating the masses (in as much as physical culture develops will power and builds up endurance, teamwork, resourcefulness and other valuable qualities) and in addition as a means of rallying the broad masses of workers and peasants around the various party, soviet and trade union organizations, through which the masses of workers and peasants are to be drawn into social and political activity (5:9).

The principle of "massovost" is absolutely essential for the development, and existence, of "masterstvo," for the greater the mass participation, and the more people that participate in sports programs at all levels, the easier it is to find future top athletes and the more athletes there will be for the top competitive levels. Indeed, the Soviets are firm believers in the "triangle theory" in that the larger the base of the triangle of mass participation, the greater the probability of outstanding athletes emerging to the apex of the triangle. Each

level is deemed important and at each level the athlete receives expert coaching, and competitions are held within the levels progressing to the top level. Athletes progress through the levels of the triangle as their ability and performances improve. The ultimate for an athlete is to be at the apex of the triangle where the best athletes in the Soviet Union are. At the top of the triangle are the national teams coached by national coaches in the national sport schools.

The broad foundation of the "massovost" program is provided by the national physical fitness and sports awards systems, the physical culture kollektivs and the mass participation events which are organized, such as mass exercise and sports demonstrations, excursions, marches, festivals and competitions, all held at regular intervals (2:227). Certain Sundays are designated as Physical Culture Days and, on these days, exhibitions of exercises, excursions to the countryside, competitions in mass sports, marches, parades and speeches, all emphasizing mass participation in physical activities, are held. Sports festivals, called spartakiads, are held at every level of the triangle for school children and sport societies, as well as at national summer and winter sports festivals. The most elaborate and most massive of all are the All-Union Spartakiads, which are held every four years, in the year preceding the Olympic Games. In the first stages at the base of the triangle, the competitions are open to all and the winners of the competitions, which are in all Olympic events, may progress upwards through the city, district, and republic levels to the finals at the national level. In 1967, eighty million supposedly participated at the grass roots level, and then 16,138 were in the finals (6:3). However in 1971 the numbers participating were reduced to 45,000,000 at the beginning levels and 8,000 in the finals (6:3). Although the primary purpose of these Spartakiads has been proclaimed

to be that of a mass demonstration of friendship, youth, vitality, fitness and strength, the other underlying purpose, which is of equal importance, is that of serving as one of the means of selecting the best Soviet athletes for the Olympic Games.

In addition, an integral part of the total picture of mass participation in physical activities is the exercise program which is emphasized in schools, at factories and in the mass media. In addition to the regular physical education classes in schools, teachers are encouraged to conduct short exercise sessions of approximately five minutes. Indeed, part of the requirements for all levels of the PWD is knowledge of "morning exercises." Moreover, in the factories, the concept of "work and exercise" has been of paramount importance as exercises and sport are seen as a means of increasing the work productivity. During the day, exercise breaks are conducted by "exercise" teachers who are hired full-time and who have worked out specific exercise programs for particular factory workers. In addition to this, exercise programs are conducted at regular intervals on the radio. Indeed, the broadcasting day begins at 6:00 a.m. with the Russian anthem and five minutes of morning exercises, and in addition, later in the day, usually at 11:30 a.m. and 3:00 p.m., exercise programs are broadcast.

In order that such mass participation activities as Spartakiads are at all possible there has to be a centrally organized, supportive structure. And this is most certainly the case in the Soviet Union. Since 1972 the organizational apparatus for all physical culture and sport has been the Physical Culture and Sports Committee at the Council of Ministers of the USSR, and the financing of this administration and organization has been, and is, borne by the government, as well as the trade unions. Moreover, it should be noted that the organization of physical culture is analagous to the organization of the Communist Party of the Soviet Union (C.P.S.U.)

at each level. The base of the triangle is composed of physical culture kollektivs, which are the units analagous to the primary organization of the C.P.S.U. In 1923 it was decreed by the C.P.S.U. that sports should be organized according to work and production. In other words, physical culture kollektivs were to be organized at schools, factories, offices and on farms so that all people, adults, youth and children would be able to participate in sports activities at school, near their residence or at their work. Facilities, equipment and coaching were to be provided, and all for a very nominal fee. The major aim was that as many people as possible would have the opportunity to participate, and compete, in state and party approved activities. Each of the physical culture kollektivs belongs to one of the sport societies which are based on work, school or professional affiliations, and there are branches in each of the fifteen republics. The largest and most popular are Spartak (Producer's Co-operative), Dynamo (Security Police), Burevestnik (University Students), Locomotiv (Transportation Workers) and Trud (Labor). Besides these All-Union Sports Societies there are various republic-only societies such as the Urozhai, in the Russian Federation Republic; Kolgospnik, in the Ukraine and Kalev, in Estonia.

In the Soviet Union there are two nationally organized systems of awards for sport participation and excellence, and these have been an integral and essential part of the total Soviet sport program. One deals with excellence in a particular sport activity, and is called the All-Union Sports Classification System. The other emphasizes physical fitness and military preparedness, and is called the "Gotov k Trudu i Osborne" (Prepared for Labor and Defense). The term is abbreviated and is referred to as PWD. In the past it was referred to as the GTO. In general the PWD system is composed of a set of specific exercises and activities with standards established for each exercise and activity for children, as well as men

and women, at various age levels. The test serves as a normative one for children in school and for adults in their daily life activities. On completion of the norms, medals are awarded. Indeed, all participants achieve some kind of a medal at some time. This awarding of medals follows the general pattern that the Party has practiced, that is of implementing incentive systems which award those who meet Party obligations, plans and requirements. Such incentives are very prevalent in the sports field, and are most obvious in the PWD program. The PWD medals have, indeed, become status symbols.

The GTO program was inaugurated in 1931 during the First Five Year Plan. Originally it had a para-military base, with test items aimed at testing an individual's general physical fitness, general military preparedness as well as specific components such as endurance, speed, agility, strength and "nerve." There were three levels of attainment according to age groupings, with the first two being closely integrated with the schools' physical education programs. Quotas for numbers passing the tests were established yearly for the Soviet Union as a whole and for the republics, regions, districts, cities, sports clubs, factories and so on. All organizations attempted valiantly to fulfill their quotas, which often were unrealistic. There was intense rivalry between areas and special awards were given to those who fulfilled and exceeded their quotas. Those not fulfilling quotas were criticized and reprimanded.

In March, 1972, a new program was drafted jointly by the Physical Culture Committee at the Council of Ministers of the U.S.S.R., the Central Council of the Trade Unions and the Central Committee of the Young Communist League, and then was approved for implementation throughout the country by the Central Committee of the Communist Party of the Soviet

Union and the Council of Ministers of the U.S.S.R. (19:3). This new program, now abbreviated as PWD, was necessary because the norms and requirements of the original GTO program had largely become outdated. They did not meet the demands of present-day society, and did not coincide with the goals that had been announced by the XXIV Congress of the Communist Party. Moreover, there had been organizational problems and, as a result, many institutions, factories and so on were not fully implementing the program or fulfilling their quotas of participation. The new program provides for more differentiation of the abilities of the various age groups.

The stated aims of the PWD are to aid: (a) the morale and spiritual development of the Soviet people; (b) their all-around harmonious development; (c) the maintenance of good health and normal activity for many years, and (d) to prepare people for productive labor and defense of the homeland (18:3). The purpose of promoting such a program is to bring physical culture into the everyday life of the Soviet people at all age levels as well as to develop mass sport and top athletes (18:3). The administration and organization are left up to the Physical Culture Committees in the districts, cities, provinces, regions and republics. Each of the committees is expected to encourage participation and the satisfactory completion of the norms and requirements so that the total number of people involved will increase annually and the goals of the Five Year Plan will be realized. Moreover, the leaders of the Party and of the administrative areas are expected to set personal examples for their constituencies by passing such norms.

In order to popularize the PWD complex and increase mass participation areas, regions and republics are initiating large-scale competitions, programs and special activities. For example, the Estonian Republic has initiated and encouraged family excursions during which the PWD program norms in mass and long distance events can be achieved (10:12). In the Byelorussian

Republic the Physical Education College organized a PWD Popularization Day during which the students gave lectures and led discussions on the PWD tests in schools and factories (10:12). In other republics, such as the Russian republic, tournaments have been used to popularize the PWD requirements and exercises. Moreover, contests are held for the "best, 'physical culture-athletic family,' 'physical culture house,' and 'physical culture block'" [sic] (13:10). Newspaper articles, as well as speakers at schools, factories, farms and so on, regularly extol the benefits of exercising and encourage the practice of those exercises that are necessary for passing the PWD norms. Various all-union physical culture, military and trade union organizations consider the PWD complex of paramount importance, and thus at all levels there is considerable encouragement and emphasis. The main underlying reason for this emphasis is the acceptance of the belief that the PWD is the first step for future world and Olympic champions.

The PWD complex is composed of five stages and embraces people from the ages of ten to sixty. Each stage has a section of requirements and a section of norms, and these take into consideration age variations. The norms section, which is the most important part of the total complex, deals with items which test physical fitness and motor skill abilities. Upon completion of both the requirements and norms at each level, silver or gold badges are awarded, as well as a badge with honors at Stage IV.

The requirements section deals with basic principles of physical culture, personal and social hygiene habits, morning exercises and fundamentals of civil defense. The civil defense requirements are perhaps the most interesting and important. Even at the first stage, which is for ages 10 to 13, children are required to have knowledge of the power of chemical and nuclear weapons, as well as to know how to use such

defense materials as gas masks and respirators (18:24). In the later stages, knowledge of demolition practices and nuclear security shelters is required. At all levels, there is one similar criteria—being in a gas mask from 30 minutes for Stages I and II to 60 minutes for other stages.

The five stages, and the aims of each stage, are as follows:

Stage I: "Brave and Agile" - for boys and girls ages 10-11 and 12-13. The aims are to develop conscientious awareness towards physical culture, to develop fundamental physical abilities and daily skills, and to develop sports interests.

Stage II: "The Rising Sports Generation" - for boys and girls ages 14-15. The aims are to continue to develop physical abilities and mastery of motor skills.

Stage III: "Strength and Courage" - for boys and girls ages 16-18. The aims are to improve physical fitness and motor skills abilities which are necessary for future work and for serving in the Armed Forces of the U.S.S.R. University students who have become 18 must complete the Stage IV forms.

Stage IV: "Physical Perfection" - for men aged 19-39 (19-28, 29-39) and women 19-34 (19-28, 29-34). The aims are to achieve a high level of physical developments and preparation of the population in order to have a high level of labor productivity, and to be ready for defense of the homeland.

Stage V: "Vigor and Health" - for men, aged 40-60 (40-49, 50-60) and women 35-55 (35-44, 45-55). The aims are to aid in maintaining good health and a high level of physical condition in order for people to continue their labor

productivity and preparedness for the defense of the homeland. Men over the age of 60 and women over 55 may perform the norm after obtaining permission of the doctor.

The following, then, is the awards system translated (18) for the purpose of the paper.

STAGE I - "Brave and Agile"

(Youth 10-13 Years)

REQUIREMENTS

1. Have an understanding of "Physical Culture and Sport in the USSR."
2. Know and fulfill personal and community hygienic requirements.
3. Know the fundamentals of civil defense and be in a gas mask for 30 minutes.
4. Be able to explain the importance of morning exercises and to do the appropriate exercises.

EXERCISES AND NORMS

No.	Exercises	BOYS 10-11 yr. Silver	BOYS 10-11 yr. Gold	BOYS 12-13 yr. Silver	BOYS 12-13 yr. Gold	GIRLS 10-11 yr. Silver	GIRLS 10-11 yr. Gold	GIRLS 12-13 yr. Silver	GIRLS 12-13 yr. Gold
1.	Run								
	30 m [32.5 yds] (sec)	5.8	5.2	—	—	6.0	5.4	—	—
	60 m [65.65 yds](sec)	—	—	10.0	9.2	—	—	10.2	9.6
2.	Long Jump (cm)	310	340	340	380	260	300	300	350
	[ft]	[10.3]	[11.43]	[11.43]	[12.45]	[8.67]	[10]	[10]	[11.46]
3.	High Jump (cm)	95	105	105	115	85	95	100	110
	[ft]	[3.16]	[3.43]	[3.43]	[3.76]	[2.83]	[3.16]	[3.33]	[3.6]
4.	Tennis Ball Throw (m)	30	35	35	40	20	23	23	26
	[yds]	[32.82]	[38.3]	[38.3]	[43.76]	[21.88]	[25.16]	[25.16]	[28.45]
5.	Swimming (time not calculated)								
	(m)	25	—	50	—	25	—	50	—
	[yds]	[27.4]		[54.8]		[27.4]		[54.8]	
6.	50 m [54.8 yds] (min., sec)	—	1:20	—	1:05	—	1:30	—	1:15
7.	Skiing								
	1 km [1094.1 yds] (min., sec)	8:00	7:30	—	—	8:30	8:00	—	—
	2 km [1.24 mi] (min., sec)	—	—	14:00	13:00	—	—	16:30	15:30
	or in snowless areas Cycling 5 km [3.11 mi] (min.)	16	15	15	14	19	18	18	17
	or Cross-Country with no time being calculated								
	(m)	500	1000	1000	1500	300	500	500	1000
	[yds]	[547]	[1094]	[1094]	[1641]	[328.2]	[547]	[547]	[1094]

EXERCISES AND NORMS (CONTD.)
(STAGE I)

No.	Exercises	BOYS 10-11 yr. Silver	BOYS 10-11 yr. Gold	BOYS 12-13 yr. Silver	BOYS 12-13 yr. Gold	GIRLS 10-11 yr. Silver	GIRLS 10-11 yr. Gold	GIRLS 12-13 yr. Silver	GIRLS 12-13 yr. Gold
8.	Pull-ups (no. of times)	3	5	5	7	—	—	—	—
	or								
	Rope Climbing with aid of legs	—	—	—	—	2.50	2.80	2.80	3.50

Note: In order to get a gold award, the child must achieve at least 5 gold norms and two silver norms.

Those achieving the gold award must also complete requirements from the choice items section (10-11 yr. olds must complete two chosen areas, while 12-13 yr. olds must complete three areas).

EXERCISES AND NORMS
(Stage I)

No.	Exercises	BOYS 10-11 yr. Silver	BOYS 10-11 yr. Gold	BOYS 12-13 yr. Silver	BOYS 12-13 yr. Gold	GIRLS 10-11 yr. Silver	GIRLS 10-11 yr. Gold	GIRLS 12-13 yr. Silver	GIRLS 12-13 yr. Gold
1.	80 m [87.54 yds]	—	4 hrdl	—	5 hrdl	—	3 hrdl	—	4 hrdl
2.	Variety of Gymnastic Apparatus	—	3 gym. app.	—	4 gym. app.	—	2 gym. app.	—	3 gym app.
3.	Hiking (and being checked for tourism knowledge)	—	5-6 km [3-4 mi]	—	fulfill the requirements of "Young Tourist"	—	5-6 km [3-4 mi]	—	fulfill the requirements of "Young Tourist"
4.	Shooting	—	—	—	fulfill the requirements of "Young Shooter"	—	—	—	fulfill the requirements of "Young Shooter"
5.	Skate for 100 m (sec) [109.4 yds]	—	20	—	18	—	22	—	20
6.	Participated in sports competition (no.of games)	—	5	—	8	—	5	—	8

STAGE II – "The Rising Sports Generation"
(Youth 14-15 Years)

REQUIREMENTS

1. Have knowledge of the subject of "Physical Culture and Sport in the USSR"
2. Have knowledge of and fulfill personal and community hygienic requirements.
3. Know the fundamentals of civil defense and be in a gas mask for 30 minutes.
4. Be able to explain the importance of morning exercises and be able to perform the appropriate exercises.

EXERCISES AND NORMS

No.	Exercises	BOYS Silver Award	BOYS Gold Award	GIRLS Silver Award	GIRLS Gold Award
1.	60 m. run [65.65 yds] sec	9.2	8.4	10.0	9.4
2.	Cross Country				
	300 m. [328.2 yds] (min,sec)	—	—	1:00	0:55
	500 m. [547 yds] (min,sec)	1:45	1:30	—	—
	or in snowy areas				
	Skating				
	300 m. [328.2 yds] (min,sec)	0:58	0:50	1:05	1:00
3.	Long Jump (cm)	390 [13 ft]	450 [15 ft]	310 [10.3 ft]	360 [12 ft]
	or High Jump (cm)	120 [3.93 ft]	130 [4.25 ft]	105 [3.44 ft]	110 [3.6 ft]
4.	Tennis Ball Throw (m)	38 [1.27 ft]	46 [1.53 ft]	25 [83 ft]	30 [100 ft]
5.	Skiing				
	2 km [1.24 mi] (min)	—	—	15	14
	3 km [1.86 mi] (min,sec)	17:30	17:30	—	—
	or in snowless areas				
	Fast Walk				
	1 km [1094.1 yds] (min,sec)	—	—	5.20	5.00
	2 km [1.24 mi] (min, sec)	10	9	—	—
	or				
	Cross Country Cycling				
	5 km [3.11 mi] (min)	—	—	15	14
	10 km [6.22 mi] (min)	28	26	—	—
6.	50 m. Swimming [54.7 yds] (min, sec)	1:00	0:50	1:10	1:00

EXERCISES AND NORMS (CONTD.)
(Stage II)

No.	Exercises	BOYS Silver Award	BOYS Gold Award	GIRLS Silver Award	GIRLS Gold Award
7.	Pull-ups (no. of times)	6	8	—	—
	or Pull-ups with weight				
	or Pull-ups with turn	2	3	—	—
	Push ups on gym bench in resting position (no. of times)	—	—	8	10
8.	Hiking, displaying knowledge and abilities in Tourism (km)	12 [7.46mi]	16 [9.94mi]	12 [7.46 mi]	16 [9.94 mi]
9.	Sports classification in desired sport	—	II→III Youth	—	II→III Youth

Note: In order to receive the gold award for this level it is necessary for the person to complete at least six gold norms, and two silver norms (item no. 9 is not considered in this total).

STAGE III - "Strength and Courage"

(16-18 Years Girls and Boys)

REQUIREMENTS

1. Have knowledge of the subject of "Physical Culture and Sport in the USSR"
2. Have knowledge and fulfill personal and community hygiene requirements.
3. Have mastered the elementary military instruction program (included in this defense against mass destruction weaponry) and to have been one hour in a gas mask; or to have completed the Almavü organizations specialized preparatory courses; or to have mastered an applied science specialty (men). Girls must know the fundamentals of civil defense and to have been one hour in a gas mask.
4. Be able to explain the importance of morning exercises and be able to perform the appropriate exercises.

EXERCISES AND NORMS

No.	Exercises	BOYS Silver Award	BOYS Gold Award	GIRLS Silver Award	GIRLS Gold Award
1.	100 m [109.4 yds] (sec)	14.2	13.5	16.2	15.4
2.	Cross Country				
	500 m [547 yds] (min,sec)	—	—	2:00	1:50
	1000 m [1094 yds](min,sec)	3:30	3:20	—	—
	or in snowy regions				
	Skating				
	500 m [547 yds] (min,sec)	1:25	1:15	1:30	1:20
3.	Long Jump (cm)	440	480	340	375
	[ft]	[14.41]	[15.72]	[11.13]	[12.28]
	or				
	High Jump (cm)	125	135	105	115
	[ft]	[4.1]	[4.42]	[3.43]	[3.76]
4.	Grenade Throw				
	500 g [1.1 lbs] (m)	—	—	21	25
	[yds]			[23]	[27.4]
	700 g [1.54 lbs] (m)	35	40	—	—
	[yds]	[38.3]	[43.8]		
	or				
	Shot put				
	4 kg [8.81 lbs] (m)	—	—	6.00	6.80
	[yds]			[6.56]	[7.44]
	5 kg [11 lbs] (m)	8	10	—	—
	[yds]	[8.75]	[10.9]		
5.	Skiing				
	3 km [1.86 mi] (min)	—	—	20	18
	5 km [3.11 mi] (min)	27	25	—	—
	or				
	10 km [6.22 mi] (min)	57	52	—	—

EXERCISES AND NORMS (CONTD.)

(Stage III)

No.	Exercises	BOYS Silver Award	BOYS Gold Award	GIRLS Silver Award	GIRLS Gold Award
	In snowless regions:				
	Fast Walk				
	3 km [1.86 mi] (min)	—	—	20	18
	6 km [3.32 mi] (min)	35	32	—	—
	or				
	Cross Country Cycling				
	10 km [6.22 mi] (min)	—	—	30	27
	20 km [12.44 mi] (min)	50	46	—	—
6.	100 m [109.4 yds] Swimming (min, sec)	2:00	1:45	2:15	2:00
7.	Pull-ups (no. of times)	8	12	—	—
	or				
	Pull-ups with weight				
	or				
	Pull-ups with turn	3	4	—	—
	Push-ups on gym. bench from resting position (no of times)	—	—	10	12
8.	Shooting with a Small Pistol				
	Distance of 25 m [27.4 yds] (hits)	33	40	30	37
	or				
	Distance of 50 m [54.8 yds] (hits)	30	37	27	34
	or				
	Shooting with combat gun performing the military elementary training program with results of	Satis.	Good	Satis.	Good
9.	Hiking, displaying knowledge and abilities of Tourism and of orienteering in the countryside	1 hike of 20 km [12.4 mi] or 2 12 km hikes [7.45 mi]	1 hike of 25 km [15.5 mi] or 2 15 km hikes [9.32 mi]	1 hike of 20 km [12.4 mi] or 2 12 km hikes [7.45 mi]	1 hike of 25 km [15.5 mi] or 2 15 km hikes [9.32 mi]

EXERCISES AND NORMS (CONTD.)
(Stage III)

No.	Exercises	BOYS Silver Award	BOYS Gold Award	GIRLS Silver Award	GIRLS Gold Award
10.	Sports Classification				
	a) auto sport; motor boating; motorcycling; gliding; parachuting; helicopter; underwater sport; multiple-sea sports; biatholon; modern all-around shooting; radiosport; orienteering; wrestling (one area); boxing.	—	III	—	III
	b) any other chosen sport area	—	II	—	II

NOTE: In order to receive a gold award in this level the person must complete at least seven gold norms and also two silver norms (with the exception of item number 10). Girls who have completed the preparations for a sanitary squad, are considered to have achieved the gold award for item 10.

STAGE IV - "Physical Perfection"

(Men 19-39 Years; Women 19-34 Years)

REQUIREMENTS

1. Know the subject "Physical Culture and Sport in the U.S.S.R."
2. Know and fulfill personal and community hygienic requirements.
3. Know the fundamentals of civil defense and be in a gas mask for one hour.
4. Be able to explain the importance of morning exercises and do the exercises.

EXERCISES AND NORMS

No.	Exercises	MEN 19-28 yr. Silver Award	MEN 19-28 yr. Gold Award	MEN 29-39 yr. Silver Award	MEN 29-39 yr. Gold Award	WOMEN 19-28 yr. Silver Award	WOMEN 19-28 yr. Gold Award	WOMEN 29-39 yr. Silver Award	WOMEN 29-39 yr. Gold Award
1.	100 m [109.4 yds] Run (sec)	14.0	13.0	15.0	14.0	16.0	15.2	17.0	16.0
2.	Cross Country								
	500 m [547 yds] (min,sec)	—	—	—	—	2:00	1:45	2:10	2:00
	or								
	1000 m [.62 mi] (min,sec)	3:20	3:10	3:45	3:30	4:30	4:10	5:00	4:30
	or								
	3000 m [1.86 mi] (min,sec)	11:00	10:30	11:30	11:00	—	—	—	—
3.	High Jump (cm)	130	145	125	130	110	120	105	110
	[ft]	[4.25]	[4.75]	[4.09]	[4.25]	[3.6]	[3.93]	[3.44]	[3.6]
	or								
	Long Jump (cm)	460	500	400	460	350	380	320	330
	[ft]	[15.1]	[16.38]	[13.1]	[15.1]	[11.46]	[12.45]	[10.48]	[10.8]
4.	Grenade Throw								
	500 g [1.1 lbs] (m)	—	—	—	—	23	27	20	23
	[yds]					[25.16]	[29.54]	[21.88]	[25.16]
	700 g [1.54 lbs] (m)	40	47	35	40	—	—	—	—
	[yds]	[43.76]	[51.42]	[38.3]	[43.76]				
	or								
	Shot Put								
	4 kg [8.81 lbs] (m,cm)	—	—	—	—	6.50	7.50	6.20	6.50
	[ft]					[25.28]	[24.56]	[20.3]	[21.28]
	7.257 kg [16 lbs] (m,cm)	7.50	9.00	6.50	7.50	—	—	—	—
	[ft]	[24.56]	[24.47]	[21.28]	[24.56]				

EXERCISES AND NORMS (CONTD.)

(Stage IV)

No.	Exercises	MEN 19-28 yr. Silver Award	MEN 19-28 yr. Gold Award	MEN 29-39 yr. Silver Award	MEN 29-39 yr. Gold Award	WOMEN 19-28 yr. Silver Award	WOMEN 19-28 yr. Gold Award	WOMEN 29-39 yr. Silver Award	WOMEN 29-39 yr. Gold Award
5.	Skiing								
	3 km [1.86 mi] (min)	—	—	—	—	19	17	21	19
	or								
	5 km [3.11 mi] (min)	25	24	30	26	35	33	38	35
	or								
	10 Km [6.22 mi] (min)	54	50	—	—	—	—	—	—
	In snowless regions:								
	Fast Walk								
	3 km [1.86 mi] (min)	—	—	—	—	19	17	21	19
	6 km [3.32 mi] (min)	36	33	38	36	—	—	—	—
	or								
	Cross Country Cycling								
	10 km [6.22 mi] (min)	—	—	—	—	28	25	30	27
	20 km [12.44 mi] (min)	46	43	48	46	—	—	—	—
6.	100 m [109.4 yds] Swimming (min,sec)	2:05	1:50	2:15	2:05	2:20	2:00	2:30	2:20
7.	Pull-ups (no. of times)								
	Body wt. up to 70kg [154.2 lbs]	9	13	6	9	—	—	—	—
	Body wt. up to 70kg + up	7	11	4	7	—	—	—	—
	or								
	Bar Pushing from chest (% of body weight)								
	Body wt. up to 70kg [154.2 lbs]	55	75	50	55	—	—	—	—
	Body wt. up to 70kg + up	65	85	60	65	—	—	—	—
	or								
	Push-ups on gym bench in resting position (no. of times)	—	—	12	14	12	14	8	10
	or								
	Back-lying sit ups, with legs fixed and hands behind neck (no. of times)	—	—	—	—	40	50	30	40
8.	Shooting with Small Pistol								
	Distance 25 m [27.4 yds] (hits)	37	43	35	37	37	43	35	37
	Distance 50 m [54.8 yds] (hits)	34	40	34	40	—	—	—	—
	or								
	Shooting with Combat Gun								
	Distance 100 m [109.4 yds] (hits)	70	75	60	65	—	—	—	—

EXERCISES AND NORMS (CONTD.)
(Stage IV)

No.	Exercises	MEN 19-28 yr. Silver Award	MEN 19-28 yr. Gold Award	MEN 29-39 yr. Silver Award	MEN 29-39 yr. Gold Award	WOMEN 19-28 yr. Silver Award	WOMEN 19-28 yr. Gold Award	WOMEN 29-39 yr. Silver Award	WOMEN 29-39 yr. Gold Award
9.	Hiking with tourism abilities being checked	1 hike of 25 km [15.5 mi] or 2 hikes of 15 km [9.32 mi]	1@30* [18.6 mi] 2@20 [12.4 mi]	1@20 [12.4 mi] 2@12 [7.45 mi]	1@25 [15.5 mi] 2@25 [15.5 mi]	1@25 [15.5 mi] 2@15 [9.32 mi]	1@30 [18.6 mi] 2@20 [12.4 mi]	1@20 [12.4 mi] 2@12 [7.45 mi]	1@25 [15.5 mi] 2@15 [9.32 mi]
10.	Sports Classification in any sport	—	II	—	—	—	II	—	—

* 1@30 [18.6 yds] 2@20 [12 yds] — 1 hike of 25 km [15.5 mi] or 2 hikes at 20 km [12.4 mi]

STAGE V – "Vigor and Health"

(Men 40–60 Years; Women 35–55 Years)

REQUIREMENTS

1. Have knowledge of the subject of "Physical Culture and Sport in the USSR"
2. Have knowledge of and fulfill personal and community hygienic requirements.
3. Know the fundamentals of civil defense and be in a gas mask for 30 minutes.
4. Be able to explain the importance of morning exercises and be able to perform the appropriate exercises.

EXERCISES AND NORMS

No.	Exercises	MEN 40–49	MEN 50–60	WOMEN 35–45	WOMEN 45–55
1.	Run 60 m [65.65 yds] (sec)	12.0	—	12.8	—
	or				
	Fast Walk				
	200 m [218.8 yds] (min,sec)	—	—	—	1:20
	400 m [437.6 yds] (min,sec)	—	2:50	—	—
2.	Cross Country				
	300 m [328.2 yds] (min,sec)	—	—	1:25	—
	800 m [875.3 yds] (min,sec)	3:15	—	—	—
	or				
	Jogging (min)	20	15	10	8
3.	Standing Long Jump (cm) [ft]	190 [6.22]	170 [5.57]	150 [4.91]	130 [4.26]
4.	Grenade Throw				
	500 g [1.1 lbs] (m)	—	—	18 [19.7 yds]	—
	700 g [1.54 lbs] (m)	32 [35 yds]	—	—	—
	or				
	Shot Put				
	4 kg [8.81 lbs] (m,cm)	—	—	5.56 [18.21 ft]	—
	7.257 kg [16 lbs] (m,cm)	6.20 [20.3 ft]	—	—	—
	or				
	Putting a Stuffed Ball				
	2 kg [4.41 lbs] (m)	—	8 [8.75 yds]	—	6 [6.56 yds]

EXERCISES AND NORMS (CONTD.)

(Stage V)

No.	Exercises	MEN 40-49	MEN 50-60	WOMEN 35-45	WOMEN 45-55
5.	Skiing				
	2 km [1.24 mi] (min.)	—	—	18	time not calculated
	5 km [3.11 mi] (min)	35	time not calculated	—	—
	In snowless regions:				
	Jog Walk 3 km [1.86 mi] (min)	—	—	25	time not calculated
	Jog Walk 5 km [3.11 mi] (min)	40	time not calculated	—	—
	or				
	Cycling 5 km [3.11 mi] (min)	—	—	20	—
	Cycling 10 km [6.22 mi] (min)	40	—	—	—
6.	Swimming with time not being taken (m)	100 [109.4 yds]	50 [54.7 yds]	100 [109.4 yds]	50 [50.7 yds]
7.	Push-ups on gym. bench from resting position (no. of times)	10	8	6	4
8.	Shooting with a Small Pistol from a distance of 25 m [27.4 yds] (hits)	34	—	—	—
9.	Hiking (km)	20 [12.44 mi]	10 [6.22 mi]	20 [12.44 mi]	10 [6.22 mi]

The PWD system, which is developed out of the GTO system, has been described in this presentation. They are not tests in isolation but are an essential part of the Soviet organizational plan which is concerned with mass participation and the development of the elite, super athlete. The awards system is an essential part of the Soviet award system.

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